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JURNAL KEPERAWATAN KOMPREHENSIF	VOL. 8	Special Edition	Page 1-222	Bandung June 2022	ISSN 2354-8428 e-ISSN 2598-8727
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Research Article

Overview of Emotional Stability in Class Adolescents Based on Nursing Perspectives

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Received : 20/03/2022

Revised : 01/06/2022

Accepted : 29/06/2022

Online : 30/06/2022

Published : 30/06/2022

Abstract

Aims: Stability Emotions are not one of the determinants of a person's personality pattern, but emotional stability can help to control emotional development, one of which is adolescent development emotion teenager Step mid found experience install significant receding caused by several factor of them environment , environment enough big the role in influence atmosphere heart

Objective: The purpose of this study was to determine the emotional stability of adolescents in Al - Azhary Junior High School Cianjur , and the relationship between the two variables.

Method: The method used is quantitative by design study descriptive quantitative

Result: emotional stability where it was found that most of the respondents, as many as 66 (76.7%) had low emotional stability and less than half of the respondents as many as 20 (23.3%) had high emotional stability.

Conclusion: Stability emotions in teenagers in at Al- Azhary Middle School Cianjur have stability low emotional , so suggested right need upgraded understanding teenager to condition mental health

Keywords :

Stability Emotional

INTRODUCTION

Adolescence is an important and unique period where there is a lot of information in every stage of development, most of them have good physical and mental health, but this condition can be problematic if they experience some emotional changes due to the impact of their environment, their growth is sometimes not accompanied by thinking maturity. and emotional (1) .

In the emotional development of the middle stage of adolescence, it was found to experience significant ups and downs caused by several factors Among them, such

as the environment, the environment plays a large enough role in influencing a person's mood (2). It is estimated that around 10-20% of adolescents globally experience mental health disorders, but these cases are underdiagnosed and therefore no further treatment is needed. The more silenced and the greater the risk factors experienced by adolescents, the greater the chance of disturbances to their mental health, one of which is their emotional stability disorder.

Emotional disorders generally appear in adolescence. In addition to depression or anxiety, adolescents with emotional disorders can also experience irritability,

frustration or excessive anger. Symptoms can overlap in more than one emotional disorder with rapid and unpredictable mood swings and emotional outbursts. Younger teens may also experience physical symptoms related to emotions such as stomach pains, headaches or nausea (3).

Globally, depression is the fourth leading cause of illness and disability among adolescents aged 15-19 years and the fifteenth for those aged 10-14 years. Anxiety is the ninth leading cause for adolescents aged 15-19 years and the sixth for those aged 10-14 years. Emotional disturbances can greatly affect areas such as schoolwork and school attendance. Social withdrawal can exacerbate isolation and loneliness. Worse, depression can lead to suicide (2) Meanwhile, according to more than 19 million people over the age of 15 years are affected by mental emotional disorders and more than 12 million people over the age of 15 are estimated to have experienced depression.

Emotional stability is being free from mood swings and having good emotional control. It can be said that emotional stability is a condition where a person really has a stand and is able to face all problems with full responsibility with emotions that remain the same without hurting himself or others (4). Emotional stability is not one of the determinants of a person's personality pattern, but emotional stability can help to control emotional development, one of which is adolescent development. The concept of stable emotions at all levels is a reflection of normal emotional development. Stability Emotions are one of several indicators of mental health. If adolescents do not have emotional control, it will cause anxiety and feelings of inferiority in adolescents is a period of growth transition from childhood to adulthood that undergoes several changes such as physical, sexual, psychological and social simultaneously. However, this change is quite an opportunity for them to be more vulnerable to health problems, one of which is mental health.

Santrock defines teenager as developmental changes from childhood to adulthood, covering various aspects that last from 10 to 19 years, including biological, cognitive, and social changes. Adolescence is a time of confusion and emotional imbalance manifested in "storms and stress." (7) Bandura found that it was a time of conflict and rebellion, as young people were too focused on their ideas that were free and simple from disobedience (5).

It is estimated that around 10-20% of adolescents worldwide experience mental health disorders, but these cases are underdiagnosed so that no further treatment is needed. The more silenced and the greater the risk factors experienced by adolescents, the greater the chance of mental health disorders, one of which is emotional stability disorders (6) Emotional disorders generally appear in adolescence. In addition to depression or anxiety, adolescents with emotional disorders may also experience excessive irritability, frustration or anger. Symptoms can overlap in more than one emotional disorder with rapid and unpredictable mood swings and emotional outbursts. Younger teens may also experience physical symptoms related to emotions such as stomach pains, headaches or nausea (7).

Globally, depression is the fourth most common cause of illness and disability in adolescents aged 15-19, and the fifteenth in adolescents aged 10-14. Anxiety is the ninth most common cause in adolescents aged 15-19 years and the sixth most common cause in adolescents aged 10-14 years. Emotional disturbances can have serious implications for areas such as school and school. Social withdrawal can increase isolation and loneliness. Worse, depression can lead to suicide. (8) It is estimated that more than 19 million people over the age of 15 currently suffer from psycho-emotional disorders, and more than 12 million people over the age of 15 have depression. (9) Chaplin says that emotional stability is a balanced mood and gives you

better control over your emotions. It can be said that emotional stability is a condition in which a person truly has a stand and is able to face all problems with full responsibility with emotions that remain the same without harming himself or others. (10) Emotional stability is not one of the determinants of a person's personality pattern, but emotional stability can help to control emotional development, one of which is adolescent development. The concept of emotional stability at all levels is a reflection of normal emotional development.

RESULTS

Table 1. Stability Overview Emotional (n=86)

Not	category	n	%
1	Low	66	76.7
2	High	20	23.3
Total		86	100.0

Source: Primary data (2021)

Based on the table, it can be seen that the frequency distribution is based on emotional stability where it was found that most of the respondents, namely 66 (76.7%) had low emotional stability and less than half of the respondents, as many as 20 (23.3%) had high emotional stability.

DISCUSSION

Emotional stability is free from worries of the heart, has good emotional control. Emotional stability is a very strong emotional condition in which the individual is able to face his problems with a calm heart and emotions. The low emotional stability of a person is shown in the failure to develop an independent attitude that should exist in normal adults (10)

Emotional stability is one of several indicators of mental health. If adolescents do not have emotional control, it will cause anxiety and feelings of inferiority (12) One of the factors of emotional stability is mood

METHODS

This research is a descriptive research quantitative where the population in this study were students of SMP Al-Azhary Cianjur with a sample of 86 students. The sampling technique used is total sampling. Sources of data used are the answers of respondents who fill in the field information. Instruments about emotional stability. The data analysis used in this research is univariate analysis (11). This research has passed ethical clearance before conducting research on respondents.

which is influenced by several factors, one of which is environmental factors (13). This symptom arises due to frequent viewing of posts containing someone's pleasure which makes the person's self-confidence decrease because they do not have the same fate which can affect a person's mood which will then have an impact on emotional stability. Some people experience emotional transmission more easily from negative posts, which leads to unstable emotional stability

Based on the results of the research described previously, it is known that the emotional stability in SMP Al-Azhary Cianjur grade 9 is mostly low, namely 66 (76.7%) and 20 (23.3%) high. In contrast to the results of research conducted by (1) it was found that some had moderate emotional stability, namely 92 (51.7%). Respondents who have low emotional stability are 21 respondents (11.8%) and those who have high emotional stability are 65 respondents (36.5%).

Emotional stability is a personality trait that refers to the degree to which a person's mood and emotions change. High emotional stability can be seen as the ability to deal with negative emotions effectively (14) A person's emotional stability is characterized by mood, intention, demand, optimism, joy, calm and free from guilt (10)

The theory proven by Morgan & King (Walgito) explains that one of the factors that influence emotional stability is mood. When the mood is affected by emotional stimuli and becomes bad, the emotional stability will change as well.

A teenager, especially a middle-aged teenager, is quite vulnerable to experiencing emotional instability, this is a result of teenagers often being expected to behave like adults, even though they are not psychologically ready. There is a time when conflicts often occur, because teenagers want to be free to follow their peers who are closely related to their search for self-identity, while on the other hand, teenagers are still dependent on their parents.

CONCLUSION

From result study Stability emotions in teenagers in at Al- Azhary Middle School Cianjur have stability low emotional, so suggested right need upgraded understanding teenager to condition mental health.

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